

The Nova Scotia Brotherhood and Nova Scotia Sisterhood Present:

Virtual Health Talk: Understanding Dementia

To mark Alzheimer's Awareness Month, join us for an empowering, interactive presentation tailored for the African Nova Scotian and Black community.

Featured Speaker: Andrew Howe
Education and Engagement Coordinator,
African Nova Scotian Communities
Alzheimer Society of Nova Scotia

SESSION DETAILS:

Thursday, Jan. 29, 2026
12:00 P.M. - 1:00 P.M.
Virtual

You'll learn:

- What is "dementia?"
- Symptoms and risk factors
- Myths and facts
- Tips for communicating with a person living with dementia

REGISTER:



NSSPrograms@nshealth.ca



902-225-2678



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